



Karen

Guest Teacher - Workshops Belmont & Gosford



Karen has been a gymnast for 15 years (1993-2008) and a coach for 4 years. Gaining her Level 1 Coaching Accreditation through Gymnastics Australia, Karen is an expert with teaching fundamental progressions towards the skills performed by professional dancers. With experience in coaching children aged from 4–16 in Primary school programmes and in after-school classes, Karen has a successful track-record of giving children confidence and creating a fun and safe learning environment.